

Events JANUARY 2019 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 HAPPY, HEALTHY 2019 YMCA HOURS 7:00AM-1:00PM	2 Pickleball-Gym 8:30-11-30am	3 Pickleball 8:30-11-30-Gym Knit & Crochet 12:00-3pm CR Orientation 12pm	4 Pickleball 8:30-11-30-Gym
7 Pickleball-Gym 8:30-11:30	8 4 WEEK COMPLETE HEALTH TRANSFORMATION 2pm Orientation 12pm	9 Pickleball-Gym 8:30-11-30am	10 Pickleball 8:30-11-30-Gym Knit & Crochet 12:00-3pm CR Orientation 12pm	11 Pickleball 8:30-11-30-Gym
14 Pickleball-Gym 8:30-11:30	15 WHEN DID FOOD STOP BEING FOOD 2PM AOA Orientation 12pm	16 Pickleball-Gym 8:30-11-30am	17 Pickleball 8:30-11-30-Gym Knit & Crochet 12:00-3pm CR Orientation 12pm	18 Pickleball 8:30-11-30-Gym
21 Pickleball-Gym 8:30-11:30	22 THE HUMAN MICROBIOME 2PM Orientation 12pm	23 Pickleball-Gym 8:30-11-30am	24 Pickleball 8:30-11-30-Gym Knit & Crochet 12:00-3pm CR Orientation 12pm	25 Pickleball 8:30-11-30-Gym
28	29 52 WEEK HEALTHY HABIT CHALLENGE 2PM Orientation 12pm	30 Pickleball-Gym 8:30-11-30am	31 Pickleball 8:30-11-30-Gym Knit & Crochet 12:00-3pm CR Orientation 12pm	1 Pickleball 8:30-11-30-Gym

AOA Orientation-Please Register at Front Desk

At 2:00pm, meet at upstairs Wellness Desk. Designed for those new to the YMCA or those who wish to be more familiar with the equipment, offerings, layout, etc. Basic instructions on the equipment and time for your questions.

"Be patient with yourself. Self-growth is tender; it's holy ground. There's no greater investment."
Stephen Covey

AOA MONTHLY NEWSLETTER



French Creek Family YMCA

2010 Recreation Lane. Avon, OH 44123

Facility Hours:

Monday – Friday: 5am to 10pm

Saturday: 7am to 6pm

Sunday: 10am – 5pm

Active Older Adult Newsletter

JANUARY 2019

UPCOMING EVENTS

Tuesday, January 1st
HAPPY, HEALTHY NEW YEAR!
Open 7:00am – 1:00pm
limited classes

Tuesday, January 8th 2pm
4 Week Complete Health Transformation

Please Register

Tuesday, January 15th 2pm
When Did Food Stop Being Food
Please Register

Tuesday, January 22nd 2pm
The Human Microbiome
Please Register

Tuesday, January 29th 2pm
52 Week Healthy Habit Challenge
Please Register

4 Week Health Event!

Tuesdays at 2:00PM

January 8, 15, 22, 29, 2018

Are you thinking about 2019? Can you use some inspiration, education a better understanding of how foods, and movement can begin to energize and heal?

Do you know what is in some of your food? How do you make healthier choices of what to eat, to buy? How to prepare?

Want to know more about the workings of your bodies digestive system and maybe how to help it be happier and more efficient?

How about a plan/focus for each week of 2019!

This is a fun and dynamic 4 week program. *Come to one or all.* Take that first step toward a more informed and smarter you! It begins with a better understanding of food and body. Let this 4 week program be your launching pad for your 2019 health journey!

Invite, your family, friends and neighbors.

4 Week Health Event is Free

Please Register (440)934-9622

2019

May all be loved.

May all be fed,
sheltered and clothed.

May all be happy and joyful.

May all be well and healthy.

May all be safe and
protected.

May all be held in the loving
arms of kindness.

Thich Nnath Hahn

AOA SUGGESTED Classes

Information & Announcements

GROUP EXERCISE STUDIO (LAND)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30-10:15am Cycle 101 w/Shelly	10:00-10:45am Barre w/Jackie	9:30-10:15am Cycle 101 9:55-10:25am Boom w/Jessica	10:25-10:55 Boom w/Marsha	
10:30-11:20am SilverSneakers® Classic Michelle 10:30-11:20am Gentle Yoga w/Wendy(SMB)	11:00-11:50am Fitness After 50 w/Amanda	10:30-11:20am SilverSneakers® Classic W/Jessica	11:00-11:50am FitnessAfter 50 w/Marsha	10:30-11:20am Nia® w/Kathy/Amanda
11:30-12:20am SilverSneakers® Classic Michelle		11:30-11:20am SilverSneakers Yoga® W/Kathy		11:30-12:20am SilverSneakers Yoga® W/Rob
12:30-1:20am Chair Yoga W/Josie	1:00-1:55pm Arthritis Foundation w/Stella	12:30-11:20am SilverSneakers® Classic w/Kathy 6:30-7:20pm (SMB) Gentle/Yin Yoga	1:00-1:50pm Arthritis Foundation w/Stella	12:30-1:20am SilverSneakers® Classic W/Kathy
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00-7:45am-RP Senior Volleyball	7:00-7:45am-RP Senior Volleyball	7:00-7:45am-RP Senior Volleyball 7:45-8:30am Aquacise	7:00-7:45am-RP Senior Volleyball	7:00-7:45am-RP Senior Volleyball
8:00-8:45am Aquacise RP 9:00-9:45am Aqua Aerobics-RP	8:00-8:45am Arthritis -RP 9:00-9:45am Aqua Barre RP	8:00-8:45am Aqua Aerobics-RP 9:00-9:45am SilverSneakers® Splash RP	8:00-8:45am Arthritis -RP 9:00-9:45am Aqua Barre RP	8:00-8:45am Aquacise RP 9:00-9:45am Aqua Aerobics-RP
11:00-11:45am Aqua Jog - CP		11:00-11:45am Aqua Jog - CP		11:00-11:45am Aqua Jog - CP
12:00-12:45pm Arthritis - RP		12:00-12:45pm Arthritis - RP		12:05-12:50pm Arthritis - RP

AQUATIC CLASSES (WATER)

RP: Recreation Pool, CP: Competition Pool CR: Community Room GES: Group Ex Studio
SMBS: Spirit Mind Body Studio

MEMPHIS, NASHVILLE, LOUISVILLE

April 3 - 8, 2019

A Most Amazing 6 Day Bus Trip - \$1459

Back by popular demand. This trip sold out for October 2018. We have tweaked it, till we got it *juuust right!* Come travel with us on this amazing and wonderful 6 day adventure!! Here are some highlights; Guided tour of Memphis, and Sun Studio and enjoy the full Elvis experience! Tour his home Graceland, including his automobiles and planes. In Nashville we are staying at the 4 star Opryland Hotel, we have tickets to the Grand Ole Opry, Guided tour of Nashville, RCA Studio, tickets to The Country Music Hall of Fame and Museum, and a beautiful Dinner-Cruise and Show on the General Jackson Showboat! We get a guided tour of Churchill Downs, enjoy a Bourbon Experience, visit The Corvette Museum and a Dinner Show at the Derby Dinner Playhouse!

See flyer for full details.

Questions email kmckean@clevelandymca.org

Register 440-934-9622

2 Bus Trips in March

Monday, March 25, 2019

"Symphony for our World" at Severance Hall

A breathtaking musical journey through the world's most incredible wildlife spectacles. This inspiring 90-minute live full orchestral and choral performance includes groundbreaking imagery from 130 years of beloved National Geographic history. **\$92**

Thursday, March 28, 2019

GeezeCats Du-Wop Group Concert

Hard Rock Rocksinò

A delightful mixture of rock 'n roll, doo-wop and improve comedy. **\$49**

See flyers for full details

Questions email kmckean@clevelandymca.org

Register 440-934-9622

Some tips for all your 2019 travels by Plane, Train, Bus or Automobile

Traveling can take a toll on your body, mind and emotions. With a little forward planning, your travels can be comfortable and have you arriving at your destination ready to enjoy your time away.

Stay Hydrated, the inside of an airplane contains 66% less water than at sea level, making the plane drier than a desert! This creates a dry mouth, eyes, nose, headaches, dizziness, dehydration. So drink plenty of water, before, during and after.

Pack Your Own Food, nutrient-dense food will help ward off infection and illness that is common when traveling. Travel-friendly food may include fresh fruits and vegetables, raw nuts and seeds, quinoa salad, crackers with peanut/almond butter, maybe a sliced lemon to squeeze or a few drops of EO into some water for an easy vitamin c boost.

Protect Your Ears, for that plugged, popping ear, try swallowing, yawning, chewing gum, or you can buy Air Pressure-Regulating Ear Plugs.

Also beneficial - periodically do some Deep Breathing, Meditating, Napping, Limit Alcohol and Caffeine.
Food Matters

Moving at least every hour while traveling, helps keep joints mobile, plus, contracting your muscles pumps blood back to the heart. Here are some moves you can do while seated in that plane, train, bus or automobile.

Ankle pumps: Lift one foot a few inches off the ground, flex and point 10x - repeat on other foot.

Ankle circles: draw circle with your foot 5x repeat other foot
Foot alphabet: Use your big toe to draw each letter of alphabet, repeat other foot

Isometric squeezes: Contract for 3 seconds, release-repeat-your calf, thighs, butt, abs and back muscles.

Marching: place hands on knees, lift each foot alternately as you step in place.

Shoulder blade squeezes: Stick out your chest and squeeze your shoulder blades together for 3 seconds 10x

Shoulder rolls: Raise your shoulders toward your ears as you roll them forward. Then bring your shoulder blades down and together as you roll them back to the starting position. 10x then switch direction 10x.

Fist clench: Make fists with both hands. Slowly open and spread out your fingers 10x

Thumb to finger: Spread your fingers, then use your thumb to touch each finger, repeat 10x both hands.

The Arthritis Foundation